ISSN: 2322 - 0902 (P)
ISSN: 2322 - 0910 (O)

International Journal of Ayurveda and Pharma Research

Review Article

A CRITICAL REVIEW ON *NETRA TARPANA: NETRA KRIYAKALPA* PROCEDURE

Smriti Kaul*, Narender Chanchal
Assistant Professor, Department of Shalakya Tantra, Kunwar Shekhar Vijendra Ayurveda Medical College & Research Centre, Shobhit University, Gangoh, Saharanpur, Uttar Pradesh, India.

Article info

Article History:
Received: 04-03-2025
Accepted: 17-04-2025
Published: 15-05-2025

KEYWORDS:
Tarpana, Kriyakalpa, Netra, Ayurveda.

ABSTRACT

Netra (eye) is an important sense organ. *Netra Tarpana* is a classical Ayurvedic ocular therapy used for the nourishment and rejuvenation of the eyes. This procedure involves retaining medicated ghee over the eyes within a well formed by a dough ring, allowing the medicament to bathe the ocular structures for a specified duration. Rooted in the principles of *Rasayana* and *Chakshushya* therapy, *Netra Tarpana* is especially indicated in conditions caused by *Vata* and *Pitta dosha* imbalances, such as dry eyes, eye strain, computer vision syndrome, and degeneration of ocular tissues. The therapy enhances visual acuity, reduces fatigue, and promotes overall ocular health. The holistic and non-invasive nature of *Netra Tarpana* makes it a valuable addition to contemporary ophthalmic care, especially for preventive and promotive eye health. In this article, the procedure, mode of action, indications, contraindications, formulations, and the therapeutic outcomes observed in clinical practice are described.

INTRODUCTION

The eye is the main sense organ gifted by God to human beings. Ayurveda has stated the importance of eye with a quote *"Sarvendriyanam nayanam pradhanam"* which means eye is the main sense organ among all the sense organs.

Tarpana is a unique therapeutic procedure in Ayurveda, primarily indicated for the treatment and rejuvenation of the eyes. It is one of the specialized *Chakshushya Kriyas* described in classical Ayurvedic texts under the broader umbrella of *Kriyakalpa*. The term "*Tarpana*" is derived from the Sanskrit root "*Trup*" which means to nourish or to satiate. *Netra Tarpana* means lubrication or nourishment of eyes which is done by *Ghritamanda* according to Acharya Sushruta.[1] According to Acharya Vagbhatta, *Tarpana* should be done with medicated *Ghrita*, but in *Naktandha, Timira*, or *Krichhabodha*, *Tarpana* should be done by using *Vasa*.[2]

Tarpana is especially beneficial for alleviating dryness, fatigue, and inflammation of eyes. It is also used in the management of various ocular disorders such as *Timira, Abhishyanda,* and *Kacha*.

Access this article online

Quick Response Code

https://doi.org/10.47070/ijapr.v13i4.3687

Published by Mahadev Publications (Regd.) publication licensed under a Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International (CC BY-NC-SA 4.0)

Apart from its curative role, *Tarpana* is highly effective as a preventive and rejuvenative measure, particularly in individuals who strain their eyes due to prolonged screen time, reading, or exposure to environmental pollutants.

In essence, *Tarpana* represents the holistic approach of Ayurveda in eye care- offering not just symptomatic relief but fostering long-term ocular health through nourishment, balance, and rejuvenation.

Procedure of *Netra Tarpana*

It is divided into three parts: *Purva Karma, Pradhan Karma,* and *Pashchat Karma.*

1. ***Purva Karma*:** First, detoxification of body *(Sharira Shodhana Karma)* is done by *Vamana* and *Virechana* then detoxification of head *(Shira Shodhana*) is done by *Shirovirechana*. After that, when food consumed by individual is properly digested, in *Purvahana* or *Aprahana Kaala* (morning or evening time); *Tarpana* procedure should be done.
2. ***Pradhan Karma*:** Individual should lie down in a room devoid of air, sunlight, and dust. After that, the creation of a well-like structure around the eyes using a dough ring made from black gram flour, into which medicated ghee or *Ghritamanda* is poured upto lid margin *(Pakshamagra)* and retained for a specific period.[3] According to Acharya Vagbhatta,

well-like structure *(Pali)* should have height of 2 *Angula* (4cm approx.).[4]

3. ***Pashchat Karma*:** For *Netra Shodhana*, sudation *(Swedana)* is done with the help of barley flour *(Yava).* Vitiated *Kapha* due to action of *Sneha (Ghritamanda)* should be eradicated by *Vairaichnika Dhoompana* (herbal fume inhalation). [5]

Period of Retention of *Ghrita (Sneha Dharankala)*

Sneha Dharankala is implemented by considering *Adhishthana* (region) of disease and severity of vitiation of *Dosha (Dosha Prakopa).*

Table 1: *Sneha Dharankala* according to *Dosha Prakopa* [6]

Dosha	**Su. Sa.**		**AH**	**AS**	**Sh. Sa.**	**BP**
Kaphaja	600	Once in 5 days	500	500	500	500
Pittaja	800	Once in 3 days	600	600	-	600
Vataja	1000	Daily	1000	1000	1000	1000
Swastha Netra	500	2 days interval	500	500	500	500
Su. Sa. - Sushruta Samhita, AH- Ashtanga Hridya, AS- Ashtanga Sangraha, Sh. Sa. - Sharangdhara Samhita, BP- Bhava Prakasha						

Fig 1: *Sneha Dharankala* according to *Dosha Prakopa*

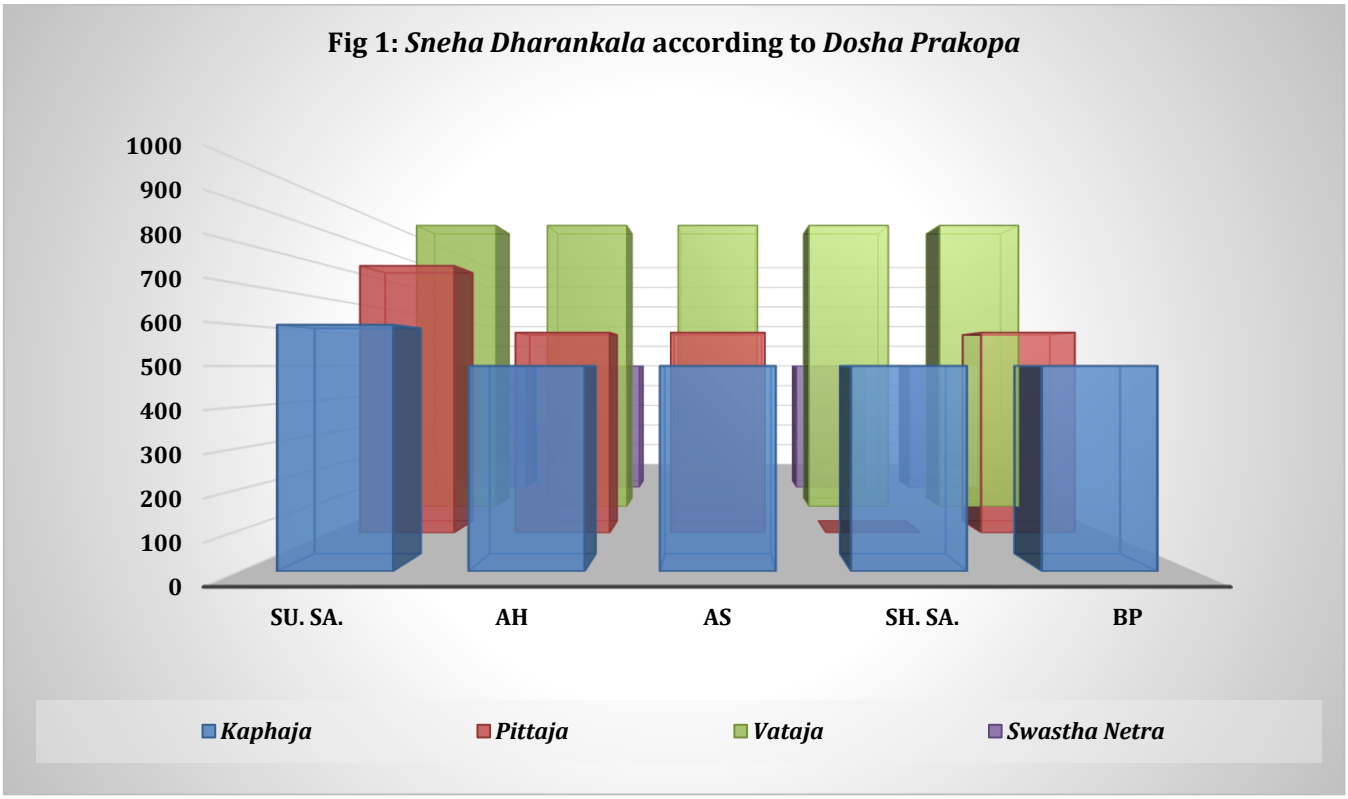
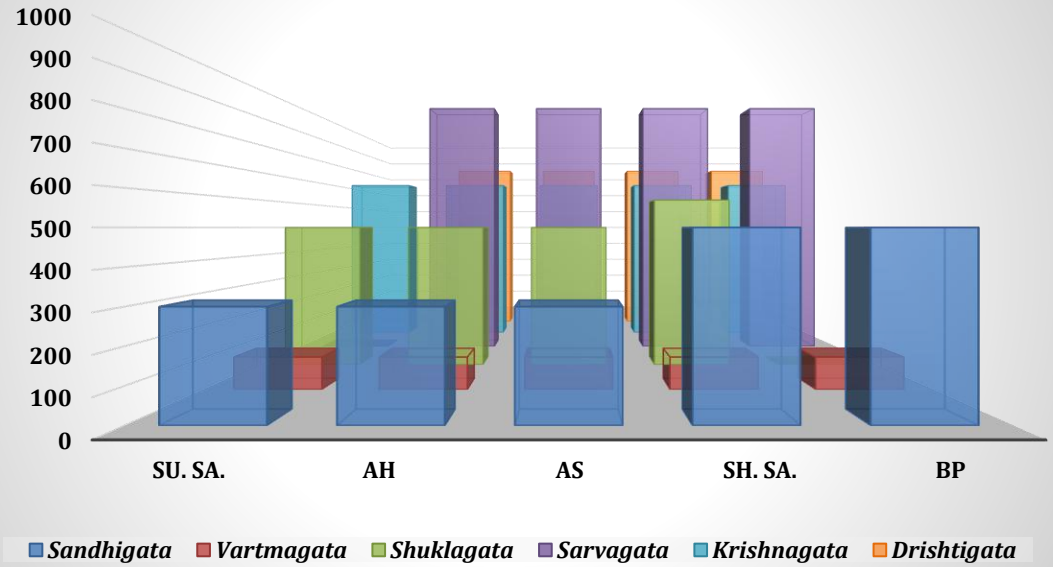


Table 2: *Sneha Dharankala* according to *Adhishthana* of disease[6]

Roga Adhishthana	**Su. Sa.**	**AH**	**AS**	**Sh. Sa.**	**BP**
Sandhigata	300	300	300	500	500
Vartmagata	100	100	100	100	100
Shuklagata	500	500	500	600	-
Sarvagata	-	1000	1000	1000	1000
Krishnagata	700	700	700	700	700
Drishtigata	1000 or 800	800	800	800	800
Su. Sa. - Sushruta Samhita, AH- Ashtanga Hridya, AS- Ashtanga Sangraha, Sh. Sa. - Sharangdhara Samhita, BP- Bhava Prakasha					

Fig 2: *Sneha Dharankala* according to *Adhishthana* of disease



***Samyak Tarpit Netra Lakshana*[7,8]**

1. *Sukhaswapna*: Sound sleep
2. *Avbodhtva*: Blissful awakening
3. *Vaishadyam*: Vividness of the eyes
4. *Varnapatwam*: Normal colour of various parts of eye.
5. *Nivriti*: Feeling of comfort
6. *Vyadhividhwansa*: Cessation of the disease
7. *Kriyalaghavam*: Easiness or lightness in opening and closing of the eyes.
8. *Prakashakshamata*- Ability to visualize the light from eyes.
9. *Swasthayam*: Healthiness of the eyes.

***Ati Tarpit Netra Lakshana*[9,10]**

1. *Netragaurava*: Heaviness in the eyes
2. *Avilam*: Indistinct vision
3. *Atisnigdham*: Excessive oiliness in the eyes.
4. *Ashru Srava*: Lacrimation from eyes
5. *Kandu*: Itching in the eyes
6. *Updeha*: Stickiness in the eyes
7. *Dosha Samutklishtam*: Aggravation of *Dosha*
8. *Shleshmja Ruja*: Origination of *Kaphaja Roga*.

***Heena Tarpit Netra Lakshana*[11,12]**

1. *Netraruksham*: Dryness in the eyes
2. *Avilam*: Indistinct vision
3. *Ashru Srava:* Lacrimation from the eyes
4. *Asaham Rupdarshana*: Difficulty in visualizing objects
5. *Vyadhivriddhi*: Aggravation of disease.

Management of *Ati Tarpit* and *Heena Tarpit Netra*[13]

- Treatment should be done according to the aggravation of specific *Dosha*.
- In *Vata Pradhana Dosha Dushti, Snigdha Dhooma, Nasya, Anjana* and *Seka* should be done.
- In *Pitta Pradhana Dosha Dushti, Sheeta Dhooma*, *Nasya, Anjana* and *Seka* should be done.
- In *Kapha Pradhana Dosha Dushti, Ruksha Dhooma*, *Nasya, Anjana* and *Seka* should be done.

Mode of Action of *Netra Tarpana*

The mode of action of *Netra Tarpana* can be explained from Ayurvedic and modern physiological perspectives:

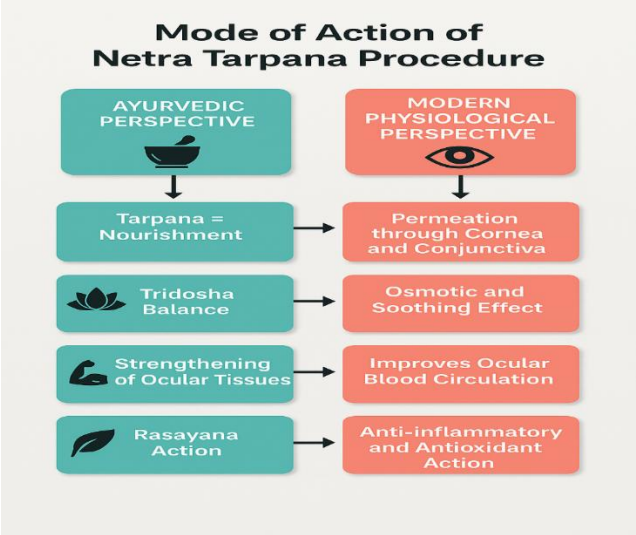
Ayurvedic Physiological Perspective

1. ***Tarpana* = Nourishment**
   The word *Tarpana* means to satiate or nourish. In this therapy, the *Drishti* (vision) and *Netra Dhatus* (ocular tissues) are nourished by *Sneha Dravyas* (unctuous substances like *Ghrita*).
2. ***Tridosha* Balance**
   - Mainly pacifies *Vata* and *Pitta doshas*, especially in the *Netra Marma* area.
   - *Vata* controls movement and dryness, while *Pitta* governs vision. *Tarpana* restores their equilibrium.
3. **Strengthening of Ocular Tissues**
   By deeply nourishing the *Sira* (vessels), *Sandhi* (joints), and *Dhatu* of the eye, it promotes *Sthirata* (stability) and *Snigdhta* (unctuousness) in ocular tissues.
4. ***Rasayana* Action**
   The *Ghrita* used often contains *Chakshushya* herbs like *Triphala, Yashtimadhu*, or *Daruharidra*, which have rejuvenating and detoxifying effects on ocular structures.

Modern Physiological Perspective

1. **Permeation through Cornea and Conjunctiva**
   The lipid-soluble medicated ghee can permeate the corneal epithelium, conjunctiva, and sclera, allowing local absorption of herbal actives.

2. **Osmotic and Soothing Effect**
   Ghrita creates a protective film over the eye surface, reduces dryness, irritation, and promotes tear secretion by stimulating Meibomian and lacrimal glands**.**
3. **Improves Ocular Blood Circulation**
   Warmth of the ghee and immersion effect enhances microcirculation around the eyes, helping in detoxification and oxygenation of ocular tissues.
4. **Anti-inflammatory and Antioxidant Action**
   Herbs used in *Tarpana* ghee have antioxidant, anti-inflammatory, and immunomodulatory effects that reduce ocular stress, fatigue, and degenerative changes.
5. **Neuro-ophthalmic Stimulation**
   The therapy stimulates the optic nerve endings and nearby cranial nerves, enhancing ocular muscle tone and vision-related neurological functions.



Indications of *Netra Tarpana*

1. Temporary black out experienced by the patient.
2. Dryness in the eyes.
3. Roughness of the eyes.
4. Troublesome eyelid movement.
5. Falling of eyelashes.
6. Dirty appearance of the eyeball.
7. Dull visual activity.
8. Eye is seriously suffering from the disease.[14]

Acharya Vagbhatta has enlisted some indications like

1. Stiffness of the eyes.
2. Injury/ Traumatic condition of the eyes.
3. *Vata-Pitta* predominant diseases such as *Kricchronmilana* (difficulty in opening of eyes), *Siraharsha* (congestion of conjunctival blood vessels), *Sirotpata* (episcleritis), *Tama* (blackout of eyes), *Arjuna* (subconjunctival haemorrhage), *Abhishyanda* (conjunctivitis), *Adhimantha* (glaucoma), *Anyatovata* (referred pain in the eye), *Vataparyaya* (alternative pain in eyes and eyebrows) and *Shukra Roga* (corneal ulcers and opacities).[15]

Contraindications of *Netra Tarpana*

1. On a cloudy day.
2. Extreme hot and cold seasons.
3. When patient is in conditions of worries and anxiety.
4. Tiredness and giddiness of eyes.
5. In complications of eyes.[16]
6. Patient who are *Ayogya* for *Nasya*.[17]

Formulations for *Netra Tarpana*

1. *Triphala Ghrita*
2. *Mahatriphala Ghrita*
3. *Patoladi Ghrita*
4. *Jeevantyadi Ghrita*
5. *Durvadi Ghrita*
6. *Yashtimadhu Ghrita*

Therapeutic Outcomes of *Netra Tarpana*

1. **Nourishment of Eye Tissues *(Netra Dhatus)***
   - It strengthens the optical structures like the cornea, lens, retina, and optic nerve.
   - Helps rejuvenate tired, dry, or strained eyes (due to excessive screen time or pollution).
2. **Improvement in Vision *(Drishti)***
   - Enhances clarity of vision in early stages of *Timira*, and other *Drishtigata Rogas*.
   - Delays progression of degenerative eye conditions.
3. **Relief from Eye Strain and Fatigue**
   - Alleviates symptoms like:
     - Burning sensation
     - Dryness *(Shushkakshipaka)*
     - Watering *(Ashru Srava)*
     - Photophobia *(Tejodvesha)*
4. **Management of Eye Diseases**
   - Effective in *Vata-Pitta* predominant eye disorders like:
     - Early-stage *Timira*
     - Computer Vision Syndrome
     - Allergic conjunctivitis
     - Dry Eye Syndrome
5. **Cosmetic Benefits**
   - Improves eye lustre *(Netra Prabha)* and brightness.
   - Reduces dark circles, puffiness, and dullness around the eyes.
6. **Relaxation and Mind-Body Connection**
   - Has a calming effect on the nervous system, reducing mental stress and improving sleep quality.
   - Helps in relieving tension headaches related to eye strain.
7. **Prevention of Ocular Disorders**
   - Beneficial as a *Rasayana* therapy for those exposed to:
     - Bright screens
     - Excessive heat/dust
     - Reading or computer work for long hours.

CONCLUSION

Netra Tarpana stands as a unique and time-tested Ayurvedic therapy for maintaining ocular health and managing various eye disorders. By nourishing and rejuvenating the eyes through the localized application of medicated ghee, it not only alleviates dryness, strain, and fatigue but also improves vision and supports overall eye function. Rooted deeply in the principles of Ayurveda, *Netra Tarpana* emphasizes preventive as well as curative care, making it a valuable practice in today's era of digital eye strain and lifestyle-induced visual ailments. With its holistic approach, minimal invasiveness, and therapeutic efficacy, *Netra Tarpana* continues to offer a safe and natural means of promoting eye wellness and preserving the precious gift of sight.

REFERENCES

1. Ambikadutt Shastri, Sushruta Samhita, Dalhana Commentary Nibandha Sangraha, Chaukhambha Orientalia, Varanasi, Reprint Edition 2019, Uttartantra 18/7.
2. Kaviraj Atridev Gupta, Ashtangahridayam Edited with Vidyotini Hindi commentary, Chaukhambha Prakashan, Varanasi, Reprint 2019, Uttartantra 24/6.
3. Ambikadutt Shastri, Sushruta Samhita, Dalhana Commentary Nibandha Sangraha, Chaukhambha Orientalia, Varanasi, Reprint Edition 2019, Uttartantra 18/5-8.
4. Kaviraj Atridev Gupta, Ashtangahridayam Edited with Vidyotini Hindi commentary, Chaukhambha Prakashan, Varanasi, Reprint 2019, Uttartantra 24/5.
5. Ambikadutt Shastri, Sushruta Samhita, Dalhana Commentary Nibandha Sangraha, Chaukhambha Orientalia, Varanasi, Reprint Edition 2019, Uttartantra 18/11.
6. Ambikadutt Shastri, Sushruta Samhita, Dalhana Commentary Nibandha Sangraha, Chaukhambha Orientalia, Varanasi, Reprint Edition 2019, Uttartantra 18/8-10.
7. Ambikadutt Shastri, Sushruta Samhita, Dalhana Commentary Nibandha Sangraha, Chaukhambha Orientalia, Varanasi, Reprint Edition 2019, Uttartantra 18/13.
8. Kaviraj Atridev Gupta, Ashtangahridayam Edited with Vidyotini Hindi commentary, Chaukhambha Prakashan, Varanasi, Reprint 2019, Uttartantra 24/11.
9. Ambikadutt Shastri, Sushruta Samhita, Dalhana Commentary Nibandha Sangraha, Chaukhambha Orientalia, Varanasi, Reprint Edition 2019, Uttartantra 18/14.
10. Kaviraj Atridev Gupta, Ashtangahridayam Edited with Vidyotini Hindi commentary, Chaukhambha Prakashan, Varanasi, Reprint 2019, Uttartantra 24/11.
11. Ambikadutt Shastri, Sushruta Samhita, Dalhana Commentary Nibandha Sangraha, Chaukhambha Orientalia, Varanasi, Reprint Edition 2019, Uttartantra 18/15.
12. Kaviraj Atridev Gupta, Ashtangahridayam Edited with Vidyotini Hindi commentary, Chaukhambha Prakashan, Varanasi, Reprint 2019, Uttartantra 24/11.
13. Ambikadutt Shastri, Sushruta Samhita, Dalhana Commentary Nibandha Sangraha, Chaukhambha Orientalia, Varanasi, Reprint Edition 2019, Uttartantra 18/16.
14. Ambikadutt Shastri, Sushruta Samhita, Dalhana Commentary Nibandha Sangraha, Chaukhambha Orientalia, Varanasi, Reprint Edition 2019, Uttartantra 18/17.
15. Kaviraj Atridev Gupta, Ashtangahridayam Edited with Vidyotini Hindi commentary, Chaukhambha Prakashan, Varanasi, Reprint 2019, Uttartantra 24/1-2.
16. Ambikadutt Shastri, Sushruta Samhita, Dalhana Commentary Nibandha Sangraha, Chaukhambha Orientalia, Varanasi, Reprint Edition 2019, Uttartantra 18/18.
17. Kaviraj Atridev Gupta, Ashtangahridayam Edited with Vidyotini Hindi commentary, Chaukhambha Prakashan, Varanasi, Reprint 2019, Uttartantra 24/21.

Cite this article as:
Smriti Kaul, Narender Chanchal. A Critical Review on Netra Tarpana: Netra Kriyakalpa Procedure. International Journal of Ayurveda and Pharma Research. 2025;13(4):71-75.
https://doi.org/10.47070/ijapr.v13i4.3687
Source of support: Nil, Conflict of interest: None Declared

***Address for correspondence**
Dr. Smriti Kaul
Assistant Professor,
Department of Shalakya Tantra,
Kunwar Shekhar Vijendra Ayurveda Medical College & Research Centre,
Shobhit University, Gangoh,
Saharanpur, Uttar Pradesh.
Email: smritikaul2675@gmail.com

Disclaimer: IJAPR is solely owned by Mahadev Publications - dedicated to publish quality research, while every effort has been taken to verify the accuracy of the content published in our Journal. IJAPR cannot accept any responsibility or liability for the articles content which are published. The views expressed in articles by our contributing authors are not necessarily those of IJAPR editor or editorial board members.